

In the claims

1. (original) A method of adjusting resistance to exercise, comprising the steps of:

providing a lifting member having at least one weight holder;

providing weights sized and configured to be supported by the at least one weight holder, and to define respective selector paths having portions that are upwardly open and portions that are upwardly closed;

providing a weight selector having weight supports that are sized and configured to travel along respective selector paths; and

movably mounting the weight selector on the lifting member for movement along the selector paths.

2. (original) A method of adjusting resistance to exercise, comprising the steps of:

providing a lifting member having at least one weight holder, and a weight selector having weight engaging members;

providing weights sized and configured to be supported by the at least one weight holder and engaged by respective weight engaging members;

positioning the lifting member relative to the weights so that the weight engaging members are disposed adjacent respective weights;

moving the weight selector in a direction parallel to an interface defined between adjacent weights to lock a first one of the weights relative to the lifting member; and

further moving the weight selector in said direction to lock a second one of the weights relative to the lifting member.

3. (original) A method of adjusting resistance to exercise, comprising the steps of:

providing a handle that defines a longitudinal axis;  
securing weight holders to opposite ends of the handle;  
providing weights sized and configured to be supported by the weight holders, and to define respective selector paths having portions that are upwardly open and portions that are upwardly closed;

providing a weight selector having weight supports that are sized and configured to travel along respective selector paths;  
and

movably mounting the weight selector on at least one of the weight holders for movement along the selector paths.

4. (original) A method of adjusting resistance to exercise, comprising the steps of:

providing a handle assembly with a handle that defines a longitudinal axis, weight holders at opposite ends of the handle, and a weight selector having weight engaging members;

providing weights sized and configured to be supported by the weight holders and engaged by the weight engaging members;

positioning the handle assembly relative to the weights so that the weight engaging members are disposed adjacent respective weights;

moving the weight selector laterally relative to the axis to lock a first one of the weights relative to the handle assembly;

and

further moving the weight selector laterally relative to the axis to lock a second one of the weights relative to the handle assembly.

5. (currently added) The method of claim 1, further comprising the step of providing indicia on upwardly facing portions of the lifting member to alternatively align with the weight selector and indicate how much force is required to lift the lifting member as a function of how many of the weights are currently connected thereto by the weight selector.

6. (currently added) The method of claim 1, further comprising the step of maintaining the weights in a horizontal array when disengaged from the lifting member.

7. (currently added) The method of claim 6, further comprising the steps of resting the lifting member on the weights, and selectively moving the weight selector across the tops of the weights to engage a desired combination of the weights.

8. (currently added) The method of claim 2, further comprising the step of providing indicia on upwardly facing portions of the lifting member to alternatively align with the weight selector and indicate how much force is required to lift the lifting member as a function of how many of the weights are currently connected thereto by the weight selector.

9. (currently added) The method of claim 2, further comprising the step of maintaining the weights in a horizontal array when disengaged from the lifting member.

10. (currently added) The method of claim 2, further comprising the step of moving the weight selector still further in said direction to unlock the second one of the weights relative to the lifting member.

11. (currently added) The method of claim 3, further comprising the step of providing indicia on upwardly facing portions of said at least one the weights holders to alternatively align with the weight selector and indicate how much force is required to lift the lifting member as a function of how many of the weights are currently connected thereto by the weight selector.

12. (currently added) The method of claim 3, further comprising the step of maintaining the weights in a horizontal array when disengaged from the lifting member.

13. (currently added) The method of claim 12, further comprising the steps of resting the weight holders on the weights, and selectively moving the weight selector across the tops of the weights to engage a desired combination of the weights.

14. (currently added) The method of claim 4, further comprising the step of providing indicia on upwardly facing portions of the handle assembly to alternatively align with the weight selector and indicate how much force is required to lift the lifting member as a function of how many of the weights are currently connected thereto by the weight selector.

15. (currently added) The method of claim 4, further comprising the step of maintaining the weights in a horizontal array when disengaged from the lifting member.

16. (currently added) The method of claim 4, further comprising the step of moving the weight selector still further laterally to unlock the second one of the weights relative to the handle assembly.